

Warm Up and Safety Guide

Information for patients

Before you start to exercise, remember the following:

- **Don't begin to exercise if you feel unwell.**
- **Don't continue to exercise if you have chest pain, nausea, dizziness, unusual joint pain, become very breathless, or cold and clammy.**
- Wear comfortable, loose clothing and appropriate footwear. Make sure the room is well ventilated, not too hot and there is plenty of space to move around in.
- Keep hydrated and have some water to drink nearby.
- Wait one hour after eating before you exercise.
- If you have been prescribed Glyceryl Trinitrate (GTN), then ensure you have this within reach and follow the protocols if needed.
- If you have had any change in symptoms or are unsure of how to perform a particular exercise, please contact the Cardiac Rehabilitation Team for advice.
- Always monitor your levels of exertion. Refer to the Rating of Perceived Exertion (RPE) Scale, as explained in the Monitoring Intensity Guide.

Warm up

- A warm up should be completed prior to commencing any of the individual home exercise programmes, and ideally should last for a total 15 minutes.
- The warm up allows a gradual increase in your heart rate and improves the blood flow around your working muscles. Most importantly, it increases coronary blood flow to your heart muscle and therefore helps prevent onset of angina in patients with heart disease. It also helps warm up all your joints and reduce the risk of injury.
- The warm up can be performed in standing, supported standing behind a chair or seated in a chair. Your cardiac rehabilitation practitioner will advise you on which is best for you.
- **The warm up should feel 'very light/light', between 11-12 on the Borg RPE scale.**

A typical warm up is shown below, alternatively, please refer to the following video link, <https://www.youtube.com/watch?v=Uocyaek9TJw> produced by University Hospitals of North Midlands NHS Trust Cardiac Rehabilitation Team.

An example warm up - 15 minutes, 1 minute on each in the following number order

1. Gentle marching on the spot	2. Heel digs in front
3. Toe taps in front	4. Alternate side toe taps
5. Shuttle walks	6. Gentle marching on the spot
7. Heel digs in front and arm curls	8. March on the spot, lifting knees higher
9. Torso twists for 30 seconds	10. Toe taps behind with opposite arm front raise
11. Gentle marching on the spot	12. Side bends for 30 seconds
13. Alternate side toe taps with single arm raise to side	14. Gentle marching on the spot
15. Shuttle walks	

This information is available in audio, Braille, large print and other languages. To request a copy, please telephone 01270 612440.

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